



The Montgomery County Wellness Program

Currently in Session

The Breakfast Club: A balanced breakfast is a good breakfast and includes fruit, whole-grain foods, and a source of protein. Whole-grain choices include hot and cold cereal, toast, muffins, waffles, and pancakes. Fruit can be fresh, dried, or canned, and pure fruit juice counts. Milk and dairy products provide protein, calcium, and B vitamins. Eggs, meat, fish, and their alternatives contain protein as well as iron and vitamins. Eat and record your healthy breakfast 5 of 7 days per week and turn in the log to HR upon completion of the quarter.

The Walking Club: Make walking fit in your personal interests, activities and responsibilities. Make it a part of every day living. In fact, you may not even recognize that you're getting exercise and improving your health! Walk as a group, with friends or family, or alone. Log your miles or steps and return log sheet to HR by the end of the quarter. Free pedometers are available. Walking Trail Maps are available on Monty.

The Challenge Walking Club: 10K-a-Day! Walk 10,000 steps per day for 5 out of 7 days per week. The log must be returned to HR by the end of the quarter. Free pedometers are available.

The Exercise Program: Get fit and earn Wellness Points. Exercise keeps you healthy and makes you look and feel better. Our fitness center is open Monday-Friday, 6am – 9pm

Onsite Healthstat Clinic: Confidential demographic information, medical history, tobacco use, alcohol use, preventive care history, height/weight, and blood pressure measurement. Note: New employees hired as of January 1, 2009 are required to complete a health risk assessment within two weeks of hire and annually in order to participate in our health benefit plan. Employees hired prior to 1/1/09 must complete an annual health risk assessment to continue using the Healthstat Clinic.

<u>Programs</u>	<u>Program Points</u>
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| • Exercise Club | 1 Point |
| • Walking Club | 1 Point |
| • The Challenge Walking Club | 1 Point |
| • Breakfast Club | 1 Point |
| • Lunch & Learn Seminars -
attend 3 in a quarter for | 1 Point |

Walking Trails & Maps Available

These programs and many more may be worth points to you which convert to HRA dollars on a quarterly basis for you to spend through the HRA/HSA or save.

Each program is worth 1 point from start to finish.

Each program that you sign up for and complete will add HRA dollars to your account. Sign up sheets are available on Monty or by calling HR at 394-2007. Pedometers are available (if not already received one or yours is broken).

The points convert to dollars:

1 point = \$10 per quarter (max \$30/quarter)

Healthy Tips:

Take small steps today: Keep a pair of comfortable walking or running shoes in your car and office.

Time for an oil change: Omega 3s have demonstrated health benefits that may help lower cardiovascular risks (heart disease, stroke), is essential for brain health and may help relieve depression as we age.

Get adequate amounts of quality sleep. Adults usually require about eight hours of good sleep. According to the National Institute of Health, sleep extends the life span, enhances the immune system, regulates body temperature, allows the brain and nervous system to function properly, and manages stress.

Eat more fruits and vegetables. Eating a colorful variety every day will provide a wide range of vitamins, minerals, fiber and phytochemicals you need to stay healthy and fit. Eat healthy. You'll enjoy a longer, healthier, active life. A healthier you is just around the corner.

How can I enroll?

Sign up, using the sheets located on Monty and/or sent to your department for the Breakfast Club, Walking Clubs and Exercise Club and receive points for your participation. You can also sign up by emailing pricecn@montgomerycountyva.gov at the start of the new quarter.

Then, return your **completed log sheets** to HR at the end of each quarter to receive credit in your HRA/HSA account.



Montgomery County Wellness Program

Staying in **SHAPE**
with

Screenings
Healthy improvements
Assessments
Prevention
Exercise

Phone: 540-394-2007

